Maine Senior Games Hits the Road in Style—Thanks to Martin’s Point

Jo Dill, to transport equipment, supplies, and materials to and from the various events for the Games. “We are truly grateful to Martin’s Point Health Care for their long-standing support and generosity,” said Laurence Gross, SMAA Executive Director. “The donation of this van is a wonderful example of the great partnership that has developed between Martin’s Point, SMAA, and the Maine Senior Games. We are so appreciative of their involvement and continued support!”

Martin’s Point Health Care has been a long-time partner of the Southern Maine Agency on Aging and a long-time sponsor of the Maine Senior Games—2015 marks their eighth straight year serving as the lead sponsor. “We have always appreciated the Maine Senior Games and their commitment to the health and vitality of Maine seniors,” said Rebekah Dube, Martin’s Point Vice President of Senior Products. “We are both interested in and dedicated to the well-being of other people and helping them live healthier lives. We are very proud to be the longtime lead sponsor of the Games and look forward to a very successful year!”

Jo Dill, ecstatic to see the new van.

L to R: Dr. David Howes, Martin’s Point President and CEO; Larry Gross, Southern Maine Agency on Aging Executive Director; Julie Mass and Kim Koehler, Maine Senior Games Board Members; Jo Dill, Maine Senior Games Coordinator; Kate Leahy, Martin’s Point Public Relations; and Dr. Jonathan Harvey, Martin’s Point Chief Medical Officer during the presentation at Martin’s Point Healthcare in Portland.

KEEP YOUR EYES PEELED FOR THE BRIGHT GREEN MAINE SENIOR GAMES VAN THIS YEAR!

Let us know where you’ve seen the van on our MSG Facebook page www.facebook.com/MaineSeniorGames

Celebrating 20 Years of Giving

Since 1995, every Meals on Wheels recipient in York and Cumberland County receive a single, long-stem, red rose in celebration of Valentine’s Day. This gift is possible through the kindness and generosity of the late Loraine Merrill. Loraine, a Meals on Wheels recipient herself, supported the delivery of the roses anonymously for years. Since her passing in 2003, SMAA has been able to acknowledge and thank her for her gift.

February 12 marked the 20th anniversary of the rose deliveries. It is estimated that over 15,000 roses have been delivered in the past two decades. On behalf of everyone at SMAA, our volunteers, and our clients, we would like to continue to offer our gratitude and we look forward to many more years of roses!

Southern Maine Agency on Aging
136 U.S. Route 1
Scarborough, ME 04074
A Big Thank You to Boulanger Paving!

When snowy weather strikes many seniors do not have the support network or the means to have their homes plowed or shoveled out. When it comes to Meals on Wheels, this can be quite problematic.

After a recent snowstorm, one of our volunteer drivers in the Kittery area came across a senior’s home where the snow had piled up so high that she could not get to the house to deliver the meals. Concerned, the volunteer contacted someone she knew at Boulanger Paving in Berwick. She explained the issue she was having and Boulanger Paving sent someone out to plow FREE of charge.

This act of kindness was so incredibly helpful and greatly appreciated. Because of them, one of our clients did not go without meals. Thank you Boulanger Paving and Jeremy Chandler for making this happen!

A Season of Giving—Two Organizations Making a Difference

Christmas 2014 was made more joyous for some of SMAA’s clients. The Little Dolphin School and Coastal Women’s Healthcare “adopted” some older Mainers in need of support. They showered our members with gifts of slippers, clothing, toys and food for pets, gift cards and home goods.

Thank you to the Little Dolphin School and to Coastal Women’s Healthcare for choosing SMAA to help make Christmas happier for some older Mainers.

If you are interested in donating an hour to help plow or shovel out a few seniors in need in York and Cumberland counties, please let us know. Your donated time and efforts will help keep a senior from going hungry AND help keep our hard-working volunteers safe during their deliveries.

If you’re interested in helping out, please call JoAnn McPhee in our Nutrition Department at 396-6510.

Legacy Memory Care at OceanView is extremely proud of the continued growth of our community. Founded in 1986, our highly respected, locally owned and managed retirement community now offers a special new addition to our care continuum. Legacy Memory Care at OceanView is a uniquely designed residence for individuals with memory loss and dementia.

Call Elaine DuMais for more information: (207) 781-4621

www.oceanviewrc.com

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- Spacious, landscaped Legacy Garden
- Specially trained 24-hour staff
- Habilitation Therapy programming
**SMAA CALENDAR OF EVENTS**

**BIDDEFORD/SACO/OOB**

**Adult Day Center** — Kinball Health Center, Saco, Mon-Fri, 7:30am-5pm. 283-0166

**Chronic Pain Self-Management Workshop** — Paul Hazeltown House, Saco, Apr 16 – May 21, 9:30am-12:30pm, 396-6583

Community Café – JR Martin Community Center, Biddeford, Mon, Tue, Thur, and Fri, Noon, Reservations: 283-2477

Family Caregiver Support Group – Community Partners, Biddeford, 2nd Mon, 3-4:30pm or 2nd Mon, 6-7pm, 713-3723

— Trowal Adult Day Center, Saco on 1st and 3rd Thurs, 3-4pm, 283-0166

Medicare 1-on-1 Appointments/Family Information & Assistance – McArthur Library, Biddeford, Mon, Tue, Wed, call for appointment. Linda Sprague-Lambert 776-4759

Medicare 1-on-1 Appointments — Dyer Library, Saco, Wed, 10am-1pm, 396-6500/1-800-427-7411 for an appointment.

Family Cafes —

— 2nd Thurs, 11am

— Elements: Brooks Coffee, Biddeford

There are now two cafes offered in Saco at the Monarch Center and at Paul Hazeltown House. Please contact us for details regarding the new Saco cafes. 797-7891 or cafe@memoryworks.org

Savvy Caregiver – Saco and Biddeford

— Savings Institution Community Room, Biddeford

April 7 – May 2, 2-4pm, Registration (required) 1-800-427-7411 x540

**CUMBERLAND**

Memory Cafe – Louie’s Grille, 3rd Tues, 11am. 797-7891 or cafe@memoryworks.org

**FREEPORT**

Chronic Pain Self-Management Workshop, April 28 – June 9, 1-3:30pm, Registration: 396-6583

**GORHAM**

Memory Cafe – The Gorham House, 4th Tue, 1pm. 797-7891 or cafe@memoryworks.org

Introduction to Memory Loss, Alzheimer’s Disease and Other Dementias — Greater Portland Bone & Joint Specialists — South Portland, April 7, 6-7pm

Larabee Village Nutritious Lunchtime Meal — Westbrook, 7 days a week, 11:30am. 854-6818

Medicare 1-on-1 Appointments/Family Information & Assistance: Portland, Salvation Army, 2nd Wed, 10am-12pm; Woodford’s Church, 3rd Mon, 1-3pm, 396-6500/1-800-427-7411 for an appointment.

Medicare 1-on-1 Appointments/Family Information & Assistance - Westbrook Community Center. 2nd and 4th Wed, 9am-12pm, 396-6500/1-800-427-7411 for appointment.

Memory Cafe – Port Resources, South Portland, 1st Thurs, 6:30pm — Speaker’s Forum, 797-7891 or cafe@memoryworks.org

**KENNEBUNK/WELLS**

Community Cafe – Park Street School, Kennebunk, First Friday, 11am-1pm, Reservations: 985-2398 or 329-5400

Community Cafe – Ross Corner Woods, Kennebunk, Mon, Tue, Thur, and Fri, noon, Reservations: 985-2398

Medicare 1-on-1 Appointments – Kennebunk Senior Center, 3rd Wed, 12-3pm, 396-6500/1-800-427-7411 for appointment.

Memory Cafes—

— Huntington Commons, Kennebunk – 3rd Thurs, 11am

— Seed & Bean, W. Kennebunk – 1st Mon, 11am

FMI: 797-7891 or cafe@memoryworks.org

**KEYS REGION (KITTERY, ELOJ, YORK, AND SOUTH BERWICK)**

Community Cafe – Eloj Methodist Church, Call for schedule and menu. Reservations: 475-3799

Family Caregiver Support Group —

— Gathering Place, Kittery, 1st Thurs, 3-4:15pm. 439-6111

Family Caregiver Support Group – Heart Health Institute, York, 3rd Tues, 1-2pm. 475-1167

Medicare 1-on-1 Appointments – York Hospital, 2nd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for appointment.

Medicare 1-on-1 Appointments – York Hospital, The Inn at Sentry Hill, York — 2nd Tue, 11am — The Gathering Place, Kittery — 3rd Wed, 12:30pm — A Perfect Move, Kittery – 4th Tue, 11am

— York Senior Center – 1st Tue, 11am, Includes Light Lunch 797-7891 or cafe@memoryworks.org

Welcome to Medicare Seminar — York Hospital, March 25. 396-6500/1-800-427-7411 to schedule.

**KEZAR FALLS/HIRAM**

Community Cafe – Sacopee Valley Rescue Barn, Hiram, 2nd & 4th Thurs, noon. Reservations: 625-4057

**LAKES REGION (BRIDGETON, CASCO, NAPLES, AND SEBAGO)**

Family Caregiver Support Group — Bridgton Community Center, 2nd Wed, 1-2:30pm 1-800-427-7411

Medicare 1-on-1 Appointments – Bridgton Community Center, Call 647-3116 for an appointment.

**SANFORD**

Community Cafes – Hassan Community Center, Springvale, 3rd Tue, noon. Reservations: 324-5181

Medicare 1-on-1 Appointments — Southern Maine Health Care, Sanford, 1st Tue, 9am-4pm. 396-6500/1-800-427-7411 for an appointment.

Memory Cafe —

— Genita Home Health, Sanford, 2nd Tue, 11am,

— Anchor Senior Care, Springvale, last Tue, 2pm, 797-7891 or cafe@memoryworks.org

Welcome to Medicare Seminar — Southern Maine Health Care, Sanford, 1st Tue, 2-4pm. 396-6500/1-800-427-7411 to schedule

**SCARBOROUGH**

Medicare 1-on-1 Appointments/Family Information & Assistance – Scarborough, 3rd Mon, noon, Reservations: 510-4974

Weekly Wednesday Lunches at Camp Ketcha — Scarborough, Every Wed, 11:30am. All Welcome! $5 for 60 and up, $7 for all others Reservations: 730-4150 by 2pm the Mon prior

**WINDHAM**

Community Cafe – Unity Gardens, Catered meals, second Thur, noon.

Regular meals on Mon, Thur, Thur & Fri, noon, Reservations: 892-3891

Free Information & Assistance – Our Lady of Perpetual Help Church, Sanford, 396-6524 for an appointment.

Medicare 1-on-1 Appointments/Family Information & Assistance – Our Lady of Perpetual Help Church 1st and 3rd Tues, 9am-noon. 396-6500/1-800-427-7411 for appointment.

Welcome to Medicare Seminar — Our Lady of Perpetual Help Church, 1st and 3rd Tues, 9am-noon. 396-6500/1-800-427-7411 to schedule.

**YARMOUTH/NORTH YARMOUTH**

Community Cafe – Bay Square at Yarmouth, 4th Tue, 11am. Reservations: 846-6693

Outdoor Walking – North Yarmouth Memorial School, Mon, Tue, Thurs, 10-11am, Event is FREE. Transportation available by Friends In Home Care for small fee. 846-5525.
SMAA Legacy Society—an Enduring Association

Southern Maine Agency on Aging is blessed with loyal donors who have chosen to honor our agency by making a gift in the form of an annuity or a trust arrangement or by providing for SMAA in their wills or estate plans. The SMAA Legacy Society honors and recognizes individuals who provide for the Southern Maine Agency on Aging through bequests, trusts, retirement fund gifts, life insurance and other planned gifts. There is no minimum required to participate. No gift is too small…or too large!

Are you grieving the loss of a loved one?

Life Choice Hospice offers a support group that can help.

The loss of someone significant in your life is difficult. Our grief support group will address ways to cope. Learn what to anticipate, how to cope with your grief, and personal techniques to assist you and your loved ones.

Registration is free and open to the public.

Volunteer opportunities include:
- On Streetcars as Operators and Docents
- In our Visitor Center as Cashiers and Docents
- Restoration Shop
- Administrative Offices
- Buildings, Grounds (landscaping, gardening, carpentry, maintenance)
- Track, Overhead Electrical
- Helping with Special Events
- Distribution of marketing materials
- Fund-raising
- And more!

If you are interested in knowing more and discussing possibilities, please visit this page on our website at www.trolleymuseum.org.

Mission Statement

The Southern Maine Agency on Aging’s mission is to improve the quality of life for older adults, adults with disabilities, and the people who care for them.

Commitment to Reasonable Accommodation: The Southern Maine Agency on Aging will, with adequate notice and upon request, provide appropriate auxiliary aids and services to persons with disabilities, to assist in effective communication and to participate equally in programs, services and activities. Call 1-800-427-7411 or from the Portland calling area call 207-396-6565 to make your request.
MEDICARE

Medicare Open Enrollment 2014

Every year during the weeks of Medicare Open Enrollment (OEP), SMAA becomes one of the busiest hubs in Southern Maine as our staff and volunteers settle in for a packed schedule of events including office visits, off-site appointments in various locations throughout Cumberland and York counties, clinics, increased call volume, and a general sense of mission as we help Medicare beneficiaries choose the plan that best suits each individual’s needs. This past year was no exception as people began calling us early on to make an appointment for assistance in finding and comparing their prescription medication and insurance options. The preparation that leads up to this annual event begins around August when our stellar Medicare team starts nailing down locations, dates, and schedules, before our many calendars take form. It is an all-out effort of behind-the-scenes double duty to assure that we as individuals as possible between October 15 and December 7. Just prior to OEP we organize training for our volunteers and staff to assure they have the latest information from Medicare and a thorough understanding of what plans serve our area. Once OEP ends, the task turns to making sure we accurately count up the number of people we served and what the total potential estimated savings was. In other words, we want to know how much money people can save by comparing plans. While some people could remain with the plan they were already enrolled in, others could realize substantial savings by switching to another plan with lower premiums, co-pays, and deductibles.

This past OEP our staff, along with 43 dedicated volunteers, assisted 1,767 people and the estimated annual savings per person was $1,164. Now that’s what we call success.

Medicare Nugget #514 from Stan Cohen

Every year, Medicare Part D drug plans may change which drugs they cover and the restrictions, if any, associated with obtaining coverage for those drugs. Transition refills let you get temporary coverage for drugs that aren’t on your Part D (or Medicare Advantage) plan’s formulary or that have restrictions on them. A transition refill is typically a one-time, 30-day supply of a drug that Medicare drug plans must cover when you’re in a new plan or when your existing plan changes its coverage.

Transition refills aren’t for new prescriptions. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage. All Medicare drug plans must cover transition fills. The rules apply to both Medicare Advantage plans that include drug coverage and Medicare stand-alone, Part D plans. When you use a transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to a covered drug or file a request with the plan (called an exception request) to ask for continuing coverage.

An Op-Ed from Stan Cohen

Sometimes Medicare beneficiaries are denied coverage for a health service. If that happens to you, you can appeal this decision by asking Medicare (or your plan) to reconsider its coverage decision. You can appeal whether you have Original Medicare, a Part D prescription drug plan, or a Medicare Advantage private plan. For appeals to Medicare about denials shown on your quarterly Medicare Summary Notice (MSN), look for the General Information page which provides the address for sending appeals. The MSN also includes a form for submitting Part B appeals. For appeals to either a Medicare Part D plan or to a Medicare Advantage plan, call the number shown on the back of your plan ID card and ask for the address for appeals. Yes, going through the ordeal of making the appeal may be a pain – but the good news is that many appeals are successful.

Here’s some advice from the Medicare Rights Center: Before you start your appeal, make sure you fully read all the letters you receive from Medicare or your plan. If necessary, contact Medicare or your plan to find out the reason your health service or item is not being covered. In your appeal, be sure to mention the reason for denial in your letter. Additionally, appeals are more successful if you have a doctor’s letter of support that also specifically mentions the reason for denial and details the medical necessity of the service.

There is often more than one level of appeal, and you should continue appealing if you are not successful at the first level. Appeal levels and timeframes differ. Make sure you follow the steps and stay within the timeframes of the appeal process that applies to your situation. If you do not follow these rules, your appeal may not be considered. Finally, if you need help, Legal Services for the Elderly at 1-800-750-5353 is a good resource.

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Thank you Kennebunk Savings Bank

For over five years Kennebunk Savings Bank is one of the organizations in the greater Kennebunk area which has been volunteering delivering Meals on Wheels to seniors. Kennebunk Savings Bank is not just a financial institution with people working inside their offices assisting seniors with bank matters; they are also outside serving the community delivering nutritious meals to homebound seniors. Meals on Wheels is fortunate to be a recipient of the bank’s volunteer program. Since volunteer drivers are always needed for the Meals on Wheels program, these bank employees are greatly valued and appreciated.

So You Think You Want A Dog

By Stephanie MacNeill

When you think about the joys of aging, one of those might be the thought of having a dog. That is, having a dog after you’ve retired, living a peaceful life without Homeowner’s Association telling you that you can’t have pets, or without being gone all day at work so you can’t walk the dog until evening after work/dark/cold. After I retired from my career in California and moved into my small cottage here in Maine, the more I thought about having a dog, the better the idea sounded.

I decided on a GSD (German Shepherd Dog) is what they call them nowadays), because I’d owned two of them in my lifetime and found them to be wonderful companion dogs. They are very intelligent, easy to train, good watch dogs yet don’t bark too much, and bond very well with their person. I found two downsides to GSD’s, one of which caused me to call mine “my German Shredder”. I made two hair pillows for my couch from my dogs shedding each Spring. Well, not exactly, but they do shed a lot. The other downside was that many of them, along with their intelligence, have a strong personality to go with it. If you take the Alpha role in your house with the dog, he will be the ideal dog. They like to know what you expect of them, and will do it happily if you are the one in control. If you are not in control, you will have a dog that is out of control. I learned that lesson with Connor (his name when I got him at the age of 10 months—and 75 pounds and still growing). He had two major faults in terms of control, which can still growing). He had two major faults in terms of control, which can be a dangerous (for the dog, as well as you) problem if not remedied. He would not come when called, and when we walked with him on a leash, he pulled. If you are off balance when an 80 to 100 pound dog pulls the leash, then you can pull right over.

I took Connor to a dog trainer who believes in training both the dog and his owner. He worked with Connor alone for a few hours while I killed time in a restaurant. Then he came and picked me up and we went to a park for a walk. After a short time with this new dog, I asked the trainer “Who is this dog, and what have you done with Connor?” Ownership of my dog became an even greater pleasure after the training, for those two faults were gone. Several years later, I experienced an incident which made me profoundly grateful to the trainer. Connor and I used to walk in the woods and beach behind my house, and we would frequently run into a neighbor who walked his Greyhound there also. We would stop and talk a bit while Connor and the other dog got acquainted. One day, Connor and I were at the General Store, out front in the parking lot near the building. Across the street I saw our neighbor with his dog setting out for a walk on the other side of the street. Connor saw them too, and happily ran across the parking lot to run across the street and greet them. However, I saw a car coming on that street at a fair rate of speed toward the place where Connor was going to cross the street. As he was running toward the man and dog, I could only call him and try to get him to stop before he was run over. I yelled at the top of my voice, saying “Connor NO!” He skidded to a stop on all four legs right near the road when the car went by, then I took him over to see his friend (complementing him all the way). What a fright.

You never know when you will need you and your dog to be trained so something dangerous doesn’t happen—like when Connor chased a skunk underneath our neighbor’s house and was taught a life lesson, or how he managed to talk me out of my large, comfortable chair in the living room.

Because of space considerations, I will, at a later date, tell you about some funny times we had over the years and of the lessons I learned. One of the greatest things in his life was his best friend, a dog bigger than he was, named Daisy. When I would tell him Daisy was coming over to play with him, he’d go over to the living room window, sit down in front of it and watch the driveway for the car bringing Daisy. I wanted a companion dog, and he brought me that in spades.

The author can be reached at mewannabe1@myfairpoint.net.
Aging...let us help you and your family make the most of it.

We offer outpatient programs in the following specialties: Memory Issues • Geriatric Assessments • Fall/Balance Concerns

The 2013-2014 US News & World Report hospital rankings rated the Maine Medical Center geriatric program as “high performing,” placing us among the top hospitals surveyed.

For more information visit us at www.mmc.org/geriatriccare or call (207) 662-2847 for an appointment.

SMAA completed another successful Medicare Open Enrollment this past October through early December. This year, 43 highly-trained SMAA volunteer counselors and Agency staff helped 1,767 individuals choose the best Medicare plans for 2015. As I’ve written about in previous issues of Senior News, in many cases, a yearly benefit review during Open Enrollment can save a person hundreds of dollars in annual out-of-pocket expenses. I am proud to report that that was indeed the case during the just-completed Open Enrollment. Of those individuals who saved as a result of their visit, the average per person out of pocket savings was $1,164. SMAA is blessed to have such a capable and talented group of Medicare volunteers working with us. They have proven once again what a tremendous resource they are to their peers.

I am also happy to announce that construction of SMAA’s new adult day center in Biddeford will commence this spring! The 10,500 square foot, purpose-designed building will be located on the Barra Road, adjacent to the new Southern Maine Medical Center’s McGeachy Medical Arts Building and the Biddeford YMCA. The new Center will greatly increase the number of people living with dementia that SMAA will be able to serve as well as their caregivers and families. I look forward to welcoming new members to the Center in the Fall. Look for updates on our progress throughout the construction process. Although fundraising is on-going, it is very exciting to see this next phase of the Campaign to Create a Better Day begin.

Here’s hoping that when this issue of Senior News arrives in your mailbox that the tulips and daffodils are poking their heads through the snow and the cold and that the windy days of winter are long behind us!

Enjoy the coming Spring!

Laurence W. Gross
Executive Director

From the Director’s Desk continued from page 1

Summit on Aging convened by Speaker of the Maine House of Representatives, Mark Eves of North Berwick. SMAA is committed to advancing the public policy initiatives that improve the quality of life for older adults in Maine. We will keep you apprised of further developments as the Maine legislature acts on these important pieces of legislation.

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Enjoy the coming Spring!

Laurence W. Gross
Executive Director
Family Caregiver Support Program

Are you helping an older adult manage bills, prepare meals, manage medical services? Do you help with bathing or dressing, household chores, transportation to appointments, or companionship? Are you a senior who is raising someone else’s child?

Then you are a Caregiver.

Help For People Helping Aging Family Members

Caregiver Class Schedule 2015

Are you assisting an older adult? Do you spend time helping with errands, household chores, finances, meals, or personal care? The Family Caregiver Support Program can help you as you help someone else.

March 4, 2-3:30PM: Pulled from All Sides: The Sandwich Generation at Work webinar offered by the Canadian Institute for the Relief of Pain and Disability (CIRPD). For more information and to register, go to http://cirpd.org/resources/Webinars.aspx

April 7, 6-7PM: An Introduction to Memory Loss, Alzheimer’s Disease, and Other Dementias.

Osteoporosis Support Group (The public is also invited.) Greater Portland Bone & Joint Specialists, 800 Main St., South Portland.

April 7, 14, 21, 28, May 5, 12, 2-3PM: Savvy Caregiver: Savo Biddeford Savings Institution, Community Room, Biddeford. Donation requested. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

April 22, 12-1PM: Advance Directives. York Hospital lunch & learn at Kittery Community Center. Pre-register (required) at the Community Center (120 Rogers Rd.) or online at http://activenet13.active.com/KitteryRec

April 29, May 6, 13, 20, 27, June 3, 9-10:30AM: Savvy Caregiver.

Language and Caregiving

Kate Cole Fallon, MS, LCPC

The English language can be very imprecise. There are many words with multiple meanings, and it’s easy to become careless with the words we choose. Despite our best intentions, this can lead to misunderstandings, miscommunication, and negative reactions. As Mark Twain wrote, “The difference between the right word and the almost right word is the difference between lightning and the lightning bug.” In our role as caregivers it is especially important that we consider the message behind our words and how that message sounds to others, especially the person who needs assistance.

Our words are not only a way of saying something; they communicate attitude, mood, and expectation. Sometimes, the use of a particular word is so ingrained we may not give it a second thought. Consider how we think about our programs. Many seniors who are not safe alone attend day programs while their caregivers go to work or run errands. At Scarborough Terrace, you’ll enjoy peace of mind, knowing your loved one is in the very best hands anywhere.

Call Elizabeth Simonds today! (207) 885-5568

When it comes to premier assisted living, our experience really adds up.

When considering which senior community is best to choose, it’s natural to be concerned about the level of experience of the staff. That’s why Scarborough Terrace is the right decision—not only for its beauty and amenities, but more importantly for its superb quality of care.

We’ve provided premier assisted living and memory care for seniors for eighteen years. And, many of our caregivers and managers have been with us almost as long. Why? Because they love it here in our beautiful and supportive community. And, they love offering the very best in care and services to our residents.

At Scarborough Terrace, you’ll enjoy peace of mind, knowing your loved one is in the very best hands anywhere.

Call Elizabeth Simonds today! (207) 885-5568

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We will work with you to determine the appropriate care to meet your needs. Monthly in-home visits are made, to ensure our services are meeting clients’ needs.

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• Light Housekeeping
• Transportation

If you would like a service not listed above, please contact us. We will work hard to meet your needs.

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This used to be all it took for her to remember.

Every opening night you saw together. Every line you stood in, waiting with excitement leading up to a show. Every one of those memories is precious, and the fact that your loved one is losing them can be heartbreaking. At Cape Memory Care, we understand what you’re going through. We can provide a safe and engaging place that strives to make every day the best it can be for everyone involved.

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Agewell Schedule

A Matter of Balance
April 8 – May 27, 1-3PM
MaineHealth Learning Resource Center, Falmouth
April 30 – June 18, 10AM-12PM
Kittery Recreation Center
May 6 – June 24, 10AM-12PM
SMAA Main Office, Scarborough
June 8 – July 27, 10AM-12PM
New England Rehabilitation Hospital, Portland

Chronic Pain Self-Management
April 16 – May 21, 9:30AM-12PM
Paul Hazeltan House, Saco
April 28 – June 9, 1-3:30PM
Casco Bay YMCA, Freeport

Don’t Let Pain Control Your Life!
Fight Back with Chronic Pain Self-Management workshop!
By Crystal Castro, Evidence-Based Programs Manager

In my work as an Agewell program facilitator, I encounter so many people who tell me that pain is holding them back. They’re just not able to do all the things they used to do and feel that they are missing out on life. It is not always easy to find the road back to better and that is why SMAA is offering a six-week course on how to manage your chronic pain and start feeling better, doing things that you enjoy, and achieving your goals so that you can feel good and maintain your independence.

Each Chronic Pain Self-Management workshop consist of a group of about 8-12 people who meet weekly for six weeks. Together, participants explore the pain and symptom cycle, and strategies to manage their pain and other health problems. Participants are led through a gentle stretching program, designed for people who have chronic pain, so that they can get moving without fear of more pain. In addition, the group will review tips for improving communication, sleep, nutrition, relaxation and much more!

The Chronic Pain Self-Management program won’t “cure” your pain. Rather it gives you tools that you can choose from to cope with, and even minimize, your symptoms.

Through an interactive, supportive group process, participants are encouraged and motivated to try new things, set and track their goals, and learn about strategies to improve their symptoms and their outlook on how to manage their health.

If you are interested in taking a Chronic Pain Self-Management workshop in your area, call SMAA’s Agewell Center at 396-6583 to discuss class locations and times. If you are interested in bringing the Chronic Pain Self-Management workshop to your site, call Crystal Castro at 396-6529 for more information.

Upcoming Workshops:
Paul Hazeltan House - 7 Smith Lane, Saco. April 16 - May 21, Thursdays, 9:30AM-12NOON (Registration Required)

Cost: Class is FREE, just pay for cost of Materials. $45 includes textbook, course work book and relaxation CD

Casco Bay YMCA - 14 Old South. Freeport Road, Freeport. April 28 - June 9, 1-3:30PM

Upcoming AARP Smart Driver Courses

Designed for experienced, mature drivers, the AARP Smart Driver course reviews defensive driving techniques, new traffic laws, and rules of the road. Topics covered will include reducing the effects of blind spots, making turns safely at busy intersections, recognizing and reducing driver distractions, the effects of medications on driving, and maintaining proper following distance. Most Maine residents completing this class, who are 55 years of age or older, will be eligible for a reduction on their automobile insurance. The cost of the class is $15 for AARP members and $20 for others. Class size is limited. Please contact each class for registration.

March 26, 10AM-3PM (w/unch break)
Biddeford Senior Center. 282-5005.

April 23, 1-5PM
SMAA Main Office. 396-6500.

May 13, 9AM-1PM
Kennebunk Senior Center at Lower Village. 967-9514.
Reaching Out to Me?
By Don Kopp

Have you noticed how certain words and phrases suddenly appear in our national discourse and like a deadly contagion go viral? A good illustration of this is the phrase “go viral.”

Another example of buzzword overkill is “at the end of the day,” which means “when all is said and done.” No wait that is also a cliché. Darn. Well, in any event, and borrowing from a song in the musical Les Misérables, the only meaningful conclusion to “at the end of the day” is “you’re another day older.” But who wants to be reminded of that?

Often heard with “at the end of the day” is “going forward,” meaning “in the future.” Forget my cynicism, but I find it unlikely that as the years roll on I will feel that I am going “forward.” And don’t get me started on “the light at the end of the tunnel.”

Political discussions, it seems, require “kicking the can down the road.” Seriously? And for some reason talk show guests have begun prefacing their responses to questions with “So,” as if they are about to explain something to a toddler or a senior citizen. If you haven’t noticed this “so” phenomenon, I apologize because you will, and it will drive you crazy.

For a big-time ignorant, consider the word “like” (which of course, means “fond of,” “as if,” “similar to,” “typical of,” “or such as”). But somehow “like” has become a fluency disruption, especially for the young, in place of our time-honored “ums,” “ahs,” “ers,” and “you knows.” For me this previously worthy four-letter word has indeed become a four-letter word. I worry that my grandchildren’s addiction may actually be more difficult to overcome than mine was to cigarettes.

But my helle noire is “reaching out.” People no longer “telephone,” “email,” “contact,” or “meet.” They “reach out.” Today alone—which explain these fulminations—an investment advisor “reached out” to me with an email sent to all of his contacts, reach into his pocket and send him money. I never got the email.

How did this “reaching out” phrase plague start? It must be that somewhere in the world there lives that one person who first corrupted the simple notion of “contacting” by substituting “reaching out.” And then that usage spread like wildfire. No, can’t say that! It spread rapidly, you know, the way a virus would. But why are so many repeating this phrase? Consider that certain birds, being birdbrained, mindlessly mimic what they hear. Need I say more? Which reminds me why I need to be careful launching naughty words.

Within earshot of a grandchild. For some perverse reason those are the words the child unfailingly will repeat. And when the child’s parents, trying to act nonchalant, ask the little one where he or she heard that word…well, you see where this is going.

What makes “reaching out” especially obnoxious, beyond it not making literal sense and being clichéd, is that it is so patently cheesy. Does the person who “reaches out” to me actually believe that I will feel that he or she is demonstrating a special and abiding interest in me when that is never the case? Kind of funny to imagine one of my kids saying “I will be reaching out to you tomorrow because…” The heck with that. How about just “visiting”?

Don Kopp can be reached at donkopp@sacoriver.net

Maine Roots

Sunday Drives
By Elaine Parker

Before there was television in everyone’s home and before the computer had been invented there was an American pastime and it was the Sunday Drive. My family went on these tours in the summer and we would often drive around Bar Harbor or the town of 194—maybe 1946 or the summer of 1947. Gas was rationed during the war so we would not be making any unnecessary trips, and the mansions were still there, so it was before the fire.

The Great Bar Harbor fire started on October 17, 1947 and destroyed 70 of the mansions and 17,000 acres of woods burned in a two week period. There had been a prolonged drought that year and strong winds fanned the flames. Bar Harbor was never the same after the fire and it became a tourist town. The Gilded Age was over. I will never forget those Sunday drives and my first-hand knowledge of the great divide between the rich and the poor. Did they look down on us as we were on the outside looking in? Did they feel sorry for us? Did they resent us invading their privacy? Were they happier than we were?

I didn’t think so as we resumed singing and Dad took us to Spencers for homemade ice cream cones. We had double scoops. We were as rich as Rockefeller.

Elaine Parker can be reached at auntrie@maine.rr.com

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This month our members have been hard at work creating self-portraits. We started by blowing up balloons, and covering them with newspaper strips that were moistened with a mixture of water, white glue, salt, and flour. Things got pretty messy, but could see right away that each of the “heads” had a different personality coming through even at this early stage. Once they were dry, we attached them to the stands (necks), painted features, added hair and other accoutrements. Masterpieces one and all!

Come see the collection on display in the Great Room at The Stewart Center at 74 Lunt Road in Falmouth. You can stop by any time during normal business hours, or if you would like to schedule a tour please call 207-699-4618.

The Stewart Adult Day Center offers person-centered therapeutic activities designed to maximize self-esteem, decrease boredom and anxiety, increase positive social interactions, and improve overall health and well-being for our members. We offer diverse programming that includes word games and puzzles, creating a monthly newsletter, spirituality group, movement and light exercise, and various arts projects.

Owen M. O’Donnell, Provider Relations Associate for SMAA’s two Adult Day Centers, meeting with USM Media Studies Program Team who are developing a promotional DVD to assist agency in providing a visual of programming & activities at both the Stewart Center in Falmouth and Truslow in Saco.

TRUSLOW ADULT DAY CENTER
333 Lincoln Street, Saco
Located in Saco, the Truslow Adult Day Health Center provides therapeutic activities, personal care, snacks and a noon meal, and entertainment for adults who need physical and emotional support during the day.

For a complimentary visit
Call 207.283.0166

The Truslow Adult Day Health Center is a state-licensed, Adult Day Health provider for VA, MaineCare and Office of Elder Services.

Choosing Wisely
5 QUESTIONS to Ask Your Doctor Before You Get Any Test, Treatment, or Procedure

1. **Do I really need this test or procedure?** Medical tests help you and your doctor or other health care provider decide how to treat a problem. Are medical procedures really necessary?
2. **What are the risks?** Will there be side effects? What are the chances of getting results that aren’t accurate? Could that lead to more testing or another procedure?
3. **Are there simpler, safer options?** Sometimes, all you need to do is make lifestyle changes, such as eating healthier foods or exercising more.
4. **What happens if I don’t do anything?** Ask if your condition might get worse—or better—if you don’t have the test or procedure right away.
5. **How much does it cost?** Ask if there are less-expensive tests, treatments or procedures; what your insurance may cover; and about generic drugs instead of brand-name drugs.

Use the 5 questions to talk to your doctor about which tests, treatments, and procedures you need—and which you don’t need.

Some medical tests, treatments, and procedures provide little benefit. And in some cases, they may even cause harm. Talk to your doctor to make sure you end up with the right amount of care—not too much and not too little.
CREATE A BETTER DAY

The Stewart Center is a new, state-of-the-art adult day center in Falmouth. Its person-centered approach provides adults with dementia and cognitive disabilities therapeutic activities and emotional support during the day while offering family caregivers help and guidance.

Call 1.800.427.7411 for a complimentary visit.
Located on the OceanView Campus
74 Lunt Road in Falmouth.

The Stewart Center is a state-licensed, Adult Day Health provider for VA, MaineCare and Office of Elder Services.
2015 Schedule
MSG/Maine Senior Games—Celebration of Athletes:
- May 29, Fireside Inn, 4:30PM, Friday
- 5K Road Race: May 31, Scarborough HS, 9AM, Sunday
- Explore Track & Field Day: May 31, Scarborough HS, 11AM-12PM, Sunday
- Track & Field: August 1, Scarborough HS, 10AM, Saturday
- 10K Road Race: August 2, Deering Oaks, Portland, 9AM, Saturday
- Archery: August 23, Lakeside Archery, North Yarmouth, 9AM, Sunday
- Table Tennis: August 28, Pineland YMCA, 5PM, Friday
- Tennis: September 3, Women’s Singles/Men’s Doubles, 9AM, Mixed Doubles 1PM, Thursday
- Tennis: September 4, Women’s Doubles, Men’s Singles, 9AM, Racket/Fitness, Portland, Friday
- Swimming: September 12, Waterville YMCA, 10AM, Saturday
- Cycling: September 13, Kennebunkport Bicycle Co, 9AM, Sunday
- Basketball (Women’s): September 19, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Sunday
- Basketball (Men’s): September 19, Cape Elizabeth HS, Cape Elizabeth, 9AM, Saturday
- Bowling Candlepin: Singles/Doubles: September 24, Big 20, Scarborought, 10AM/11AM, Thursday
- Racquetball: September 26, Racket/Fitness, Portland, 9AM, Saturday
- Bowling 10 Pin: October 4, Singles/Doubles, Yankee Lanes, Portland, 10AM, Sunday

Honorary Chair of Maine Senior Games
Senator Rebecca Millet is the 2015 Maine Senior Games Honorary Chair. We are delighted to have Senator Millet on board with us. “I am thrilled to be Honorary Chair for this year’s Senior Games. The athletes’ dedication to fitness and wellness is an inspiration for us all and a reminder that it’s never too late. I urge all of us to reexamine our own commitment to staying active and consider joining these great events.”

Martin’s Point Health Care Earns 5 Stars from Medicare!
Martin’s Point Health Care 2015 Generations Advantage Prime and Value plans are the only Medicare Advantage plans in New England (and among only 11 plans nationwide) to earn Medicare’s highest-possible Overall Plan Rating—5 Stars!
The overall rating is based on over 50 care and service quality measures, across multiple categories including how the plan helps members stay healthy, managing chronic conditions, customer service and prescription drug services. “A 5-Star Overall Plan Rating is a clear message from our members that we are “hitting on all cylinders” in the areas that are most important to them—service, care, benefits, and value,” said Rebekah Dube, Martin’s Point Vice President of Senior Products. “Earning a 5-Star rating from Medicare is a great honor that we share with those across Maine who work with us to provide the highest-quality health care to the people we serve. We’re proud of the hard work these five stars stand for, and grateful to everyone whose efforts helped us earn them.” For more information, visit www.MartinsPoint.org/medicare. To learn more about Medicare Star Ratings, go to www.medicare.gov.
SENIOR MOMENTS

By Hunter Howe

What’s Up, Doc?

There’s an old adage—Worry About the Questions. Novelist Thomas Berger said, “The art and science of asking questions is the source of all knowledge.”

For many of us, our backgrounds helped facilitate this critical skill. For me, I think of two significant experiences that stand out. The first, as a new Second Lieutenant, the Air Force assigned me to SAC Headquarters in Nebraska where I assumed the duties of an Aircraft Officer. I worked for a Lieutenant Colonel. Each afternoon, I watched him walk along the flight line, stopping, asking questions, and listening to the answers from various specialists and senior sergeants. Then, I’d accompany him to our daily briefing with the Colonel in charge of twenty-five aircraft and a thousand men. It never failed to amaze me that my boss’ briefings were professional, tight, accurate, and informative. Yes, I learned a lot from him, most important, the skill of asking the right question.

Second, during my time in Human Resources in various capacities with different companies, I recruited, interviewed, and hired many people. As the Senior Recruiter at The Gillette Company’s corporate headquarters, I needed to apply this critical skill over and over.

Most professionals demand high proficiency in this area—how about lawyers, auto mechanics, police officers, and doctors, among others. Remember Detective Joe Friday’s famous dogged demand, “Just the facts ma’am,” as he searched for the essential Who, the who, what, why, when, and where.

Ask, don’t be like the lawyer who asked this question, “How far apart were the vehicles at the time of collision?”

Tony Robbins, the well-known life and business coach said, “Successful people ask better questions, and as a result, they get better answers.”

Now, is there a more important place to ask the right questions than your doctor’s office? I wonder if that audacious cartoon character Bugs Bunny had this in mind with his catch phrase, “What’s Up, Doc?” I suspect that far too many seniors refrain from engaging in a meaningful exchange of information with their physicians. This is not the time to be a wallflower. Go prepared. Bring a list of questions. Ask probing questions. Listen carefully to the answers, trying not to interrupt. Get clarification. Ask follow up questions. Take notes. Ascertain, what’s next?

My litmus test is this: If I ask a question in a measured tone and if the question is reasonable and relevant, then I’m in the right playing field. Hey, it’s my body, it’s my life.

Consider this as well, one question most of us like to respond to is, “What do you think?”

Perhaps Jonas Salk said it best, “What people think of the moment of discovery is really the discovery of the question.”

And, as Porky Pig said, “That’s all folks!”

Hunter may be reached at grayowl6464@gmail.com

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3 Webhannet Place, Suite 1 • Kennebunk, ME 04043 • (207) 467-3301 • www.mainecenterforelderlaw.com
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Senior News 15

SOUTHERN MAINENY AGENCY ON AGING
OLD AGE A Blast?
By Louise Hirshberg

D id I really say that? In my wildest dreams I never thought I would admit this. I fought growing “old” for my first 40 years and then it just happened. First came eye glasses and then in a seemingly split second I saw my youthful self spiral away.

Michele D., Occupational Therapist Certified in LSVT BIG™
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Social Security to Expand Field Office Hours Nationwide

Social Security announces as a result of Congress’ approval of the fiscal year 2015 budget, the agency will expand its hours nationwide and offices will be open to the public for an additional hour on Mondays, Tuesdays, Thursdays and Fridays, effective March 16, 2015. A field office that is usually open from 9 AM to 3 PM will remain open until 4 PM. Offices will continue to close to the public at noon every Wednesday so employees have time to complete current work and reduce backlogs.

“arly, this expansion of office hours reaffirms our commitment to providing the people we serve the option of top-notch, face-to-face assistance in field offices even as we work to expand online for those who prefer that flexibility,” said Carolyn W. Colvin, Acting Commissioner of Social Security. “The public expects and deserves world-class customer service and thanks to approved funding, I am pleased we will continue our tradition of exceptional service.”

In recent years, Social Security reduced public office hours due to congressional budget cuts, growing backlogs and staffing losses. The agency began recovery in fiscal year 2013 by replacing some field office staffing losses and providing overtime support to process critical work. With the commitment of resources in fiscal year 2015, the agency is able to restore some service hours to the public.

Most Social Security business does not require a visit to a local field office. Many services, including applying for retirement, disability and Medicare benefits, creating a my Social Security account, replacing a Medicare card, or reporting a change in address or telephone number are conveniently available anytime at www.socialsecurity.gov. Social Security also offers assistance via a toll-free number, 1-800-772-1213 (Voice) and 1-800-325-0778 (TTY). Representatives are available from 7 AM to 7 PM, Monday through Friday.

Dr. Ann Babbitt of Greater Portland Bone and Joint Specialists and Greater Portland Bone Densitometry located at 800 Main Street, South Portland announces the closure of her medical practice April 30, 2015.

Dr. Babbitt has selected Dr. Emily Demetriou, MD of Maine Medical Partners to assume the care of patients who need ongoing specialty care. Dr. Demetriou is a Board Certified Endocrinologist with a special interest and training in osteoporosis.

Dr. Babbitt thanks her patients and the Maine medical community for a most fulfilling career.

Seniors on the Snow
By Gregory Morell

S

eniors are accompanied by feasts catered specifically for each locale, giving participants a real taste of faraway culinary enchantment.

Your overnight accommodations are at the Joe Dodge Lodge. Here Spartan simplicity is augmented by honored natural pine walls and furniture. The beds and bunks are without television or telephones. The bathrooms are down the hall and the lodge features a cozy library with a grand fireplace.

A hearty breakfast is served between 7 and 9 AM. On my visit they were serving scrambled eggs, bacon, and sausage, along with egg and cheese burritos. Three hot cereals were steaming inturens bolstered by a bevy of granolas and grains. Home-baked muffins, pastries and bagels were lined up next to a generous assortment of fresh fruits, coffee, cocoa, teas, and French toast.

Organize a group of active, adventure seeking seniors and take advantage of the warmer winter wonderland weather and these terrific programs.

Upcoming Wednesday Evening Programs:

March 11: Inca Empire
March 18: Emerald Isle
March 25: Trekking in Scotland and Iceland

All of these programs come complete with an extensive dinner menu served family style in the great room of the Pinkham Notch Welcome Center. All dinners come with fresh baked homemade breads and desserts, appetizers, soups, salads, entrees and beverages. Beer and wine is BYOB. For more information on these programs and a detailed list of all menu items, call 603-466-2727 Monday through Saturday 9-5. or visit the website: www.outdoors.org

Greg Morell can be reached at Morell.Gregory@gmail.com The Snow Business column seeks to encourage winter outdoor adventure.
New Adult Program CATCHing On

By Sharon Schulberger

A ripple of excitement can be felt as people across southern Maine learn about our new program—CATCHing Healthy Habits for Adults 50+.

• There was the gal who read the program in her local library. Noticing that there were other free materials for seniors, she ordered those for the library. You can order your own copy, or read it online at http://goo.gl/ub034Z.

• There were the volunteers who had already ordered some for themselves. Then they realized that there were other free materials for the library. Noticing that there were other free materials for seniors, they ordered those for patrons. You can order your own copy, or read it online at http://go.gl/ub034Z.

• There was the gal who thought it would complement the efforts of her senior swim group.

• There was the man who began to question how much sugar he was consuming with several sodas daily and three doughnuts—dipped in sugar—each morning.

• And the lady who astounded the rest of the audience with her high kicks. Watch out, Rockettes!

• Or the person who became so conscious of reading food labels that he teased me when the bottle of ground cinnamon we used to sweeten up the sundae did not have a list of ingredients.

It is exciting to see educators at St. Joseph’s College, Southern Maine Community College and University of Southern Maine encouraging their students to perform service learning hours with us. It is also exciting to see educators at St. Joseph’s College, Southern Maine Community College and University of Southern Maine encouraging their students to perform service learning hours with us.

Westbrook LEARNS

The afterschool classes for youngsters are part of the Westbrook LEARNS program at the Westbrook Community Center. Our current class of kindergarteners and first graders astounds our devoted leadership team with their knowledge of healthy foods. That doesn’t mean they wouldn’t prefer a fast food fried apple pie over the apples with yogurt dip that we serve, but they are learning to think wisely before consuming sugary, fatty or salty foods. For many of the group, this was the first time they had an opportunity to play with a parachute. The favorite activity is to raise the parachute high so they can run under the “tent” and enjoy the bit of spookiness as it deflates.

To volunteer or schedule a program, please call Sharon at 396-6523 or e-mail schulberger@ smaaa.org. CATCHing Healthy Habits for Adults 50+ is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation.
Found delivering commodity food staples to an average of 9 people in Old Orchard Beach and one person in Buxton. His service and dedication to the homebound, food-insecure population in the Biddeford and Buxton communities is immeasurable. We believe Norman easily meets the criteria for this award by cheerfully going above and beyond what is expected of him on a daily basis.

Volunteer of the Year – SMAA is nominating its own SMAA Volunteer of the Year in this category.

Norman Tripp is an invaluable volunteer with the Southern Maine Agency on Aging Meals on Wheels Program serving Biddeford and Buxton, Maine. Three days a week Norm delivers individual meals on a route averaging 11 homebound seniors or disabled persons. Norm provides not only a warm smile and much appreciated, neighborly conversation at each stop. At 80+ and much appreciated, neighborly conversation at each stop. At 80+ and much appreciated, neighborly conversation at each stop. At 80+ and much appreciated, neighborly conversation at each stop. At 80+ years of age he is a wonderful role model to the other drivers and his understanding of each client’s welfare and particular needs is an inspiration. Norm fills in on other routes regularly and kindly does so, driving tens of miles each time without a second thought. Additionally twice a week Norm also brings meals in bulk to be delivered by other volunteers from the Buxton meal site. Once a month, Norm can be found delivering commodity food staples to an average of 9 people in Old Orchard Beach and one person in Buxton. His service and dedication to the homebound, food-insecure population in the Biddeford and Buxton communities is immeasurable. We believe Norman easily meets the criteria for this award by cheerfully going above and beyond what is expected of him on a daily basis.

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777 Stevens Avenue • Portland, Maine 04103 • 207.797.7710

Do you know about the Swing Bed Program at Bridgton Hospital?

When you first came to the hospital you were ill and care was directed at treating your illness. As your condition improves, you need to continue to get well, but perhaps you aren’t quite ready to go home. The Swing Bed Program at Bridgton Hospital focuses more on getting well after your illness has been treated. Your doctor and the hospital staff will work with you on making this determination.

As one example, if you’ve had joint replacement in another hospital, we can provide rehabilitation for you close to your home and family, at Bridgton Hospital.

The Skilled Swing Bed Program allows you to receive skilled rehabilitation right here, in your own community, at Bridgton Hospital.

Why choose Bridgton Hospital for your Swing Bed care?
- All private patient rooms with private bath, cable TV, free internet access and phone
- Access to the Central Maine Medical Group’s extensive network of medical specialists
- Physicians are on-site 24 hours a day 7 days a week
- RN care, around the clock
- Rehabilitation services available 7 days a week
- Lab, radiology (x-ray), pharmacy and other services right on-site

The Swing Bed Program may include:
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Wound Management
- Respiratory Therapy
- Nutrition Therapy
- Psychosocial Support
- Comfort Care
- Long-term Antibiotic Treatment

How is Swing Bed care paid for?
Swing Bed care is often covered by Medicare, Medicaid and many private insurances. Bridgton Hospital’s social worker or case manager will discuss your coverage prior to your transfer from the acute care setting to the Skilled Swing Bed program.

For further information please contact
Mireim Gibeley, RN, Swing Bed Coordinator at (207) 647-6052 or (207) 402-0753.